SSE NEWSLETTER

JUNE EDITION

INTERNATIONAL YOGA DAY AT SSE
A Recognition on the Creative Process

ACMEE 2018 - 13th International Machine tools exhibition at CTC

An Eco Friendly Saveetha Campus
Yoga, an Inner Engineering empowers us to create our life the way we want it. At SSE, where Yoga and Meditation is made as habit by offering students as two credit course, International Yoga Day is recognised in a wide way. Ms Chitra Rajan, Ex vice president, HCL, Alumni of IIT, yoga practitioner and yoga trainer was called to enlighten us about Yoga and meditation along with practical sessions.

“21st June, which is the longest day in Northern Hemisphere is considered to be International Yoga Day”, explains Ms Chitra Rajan at the key note address. “Vibrations on air is different on this particular day, which helps ourselves reset and to be in tune with nature”, she further opens up.

Ms. Chitra Rajan, continues “there are different styles of yoga which will transform every individual in different dimensions. “Inner calmness and outer dynamism”, which means when you are calm from within, the dynamism comes out in most effective way. Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to improve intelligence and natural ability. On the other hand teacher’s work plays a significant role in the development of future generations. Because of teachers high stress jobs typically combined with a caring disposition, they are a great target market for yoga teachers. A piece of yoga practice every day will definitely make student and teachers community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps to fight against inconsistencies with increasing self-confidence which looks as more powerful.

The key note address was followed by 20 minutes of meditation and 30 minutes of basic yoga postures, which enhances the yoga and meditation culture into classrooms.
June 5 is marked by the United Nations as World Environment Day, a day set aside to promote “worldwide awareness and action for the protection of our environment.” In this way the theme for the year 2018 is “beat plastic pollution.” This is inculcated at Saveetha School of Engineering. Saveetha as a Management takes all of its efforts to leave no stone unturned to ensure Environment’s Protection at its fullest.

Every SSE en’s ensure 100% involvement in this Noble Task by

1. Rejecting single use plastic items in any form like plates, glasses, spoons, and bottles.

2. To reduce global warming and to save trees, usage of paper cups and paper plates are prohibited too.

3. Bio diversity plants are grown, thereby nurturing the flora and fauna at the campus.

4. The entire campus is always kept neat and clean.

An Eco Friendly Saveetha Campus

We do not inherit the earth from our ancestors, we borrow it from our children

- Native American Proverb
The ACMEE 2018 was organised by Ambattur Industrial Estate Manufacturers’ Association (AIEMA) formed in 1963. AIEMA is an Association of the units in the SIDCO Industrial Estate, Ambattur, Chennai-58.

The exhibition is mainly to showcase the Machine tools from various companies.

The project displayed in the exhibition representing Saveetha School of Engineering were:

1. Design and fabrication of multipurpose agriculture machine
2. Power generation from railway tracks.

Our project display attracted visitors from companies such as Intorq India Pvt. Ltd., CMG Steels, Chennai Metco, VTM Enterprises, Automotive Research Association India (ARAI, Pune)

The President of AIEMA, Mr. D. Ravi honoured our project and provided valuable suggestions.

On the whole the students had the chance to visit the company exhibits and were able to examine exotic machine tools and advanced engineering processes which is usually a rare opportunity.

Visitors of Educational Institutions:
- Anna University
- St. Peter’s Engineering College
- Dhanalakshmi College of Engineering
- SRM Institute
Mr. Udhaya Kumar, Assistant Manager, TVS wheels addressed the gathering on the Topic: Dream first and Realise it next

Students attending expert’s talk as part of a course of study are significantly different. This is probably a greater diversity of learning styles. Undoubtedly, talks from different experts will suit all students, who are motivated by the inspirational style of the speaker! Furthermore, such self-motivated students are probably receptive to inspiration by the expert’s talk.
Mr. Karthik, Founder/CEO of Tamizha Software solutions, Tamizha training and Consultancy, Sivakasi delivered the expert talk on a creative topic named "1+1=100"
Two days International workshop on Composite Materials was organized by Department of Mechanical Engineering. This workshop contributes in building an "Eco friendly Saveetha Campus"

The workshop began with an interesting lecture from Dr. Mohamed Thariq Bin Haji Hameed Sultan, presently working as a Head, Laboratory Bio Composite Technology, Institute of Tropical Forestry and Forest Product and also Associate professor in the Department of Aerospace Engineering, University Putra Malaysia, Selangor. He quoted "World without an engineer is world without control". He described that waste material can be converted into wealth material which helps us live along with nature rather than spoil nature. He has published more than 100 reputed International journal papers with high impact factor.

Dr. Mohamed then delivered the lecture on Composite materials, Types of composite materials, Manufacturing methods of composite materials, Application of Composite materials, Future Scope of the Composite materials.

Totally 50 students participated in the workshop. The main objective of the workshop is to make the students understand the concepts of modern composite materials and to enrich the knowledge on how to fabricate and carry out the standard mechanical test on the Composites provided with hands on experience.
"Learnathons" are optimised learning sessions that teach participants how to apply what they learn in a fast and effective manner.

The aim of this Championship is to inculcate self learning culture among students. Students were given task to complete the course modules which focus mainly on cloud environments, big data analytics, CRM process, Trailhead modules, Sales force applications and some basic modules.

Each module consists of several units and at the end of each module quizzes were conducted. Modules were challenging and repeated so that students get hands on experience on a particular module. On completion of a particular type of module students were awarded with one badge of successful completion.

The total points earned by all the 100 students at SSE were 15,97,199 and S.Akhil Reddy of second year CSE stands first among 100 students by completing 118 badges with 53,325 points.
Yoga For Self

Description of Yogasanas
WHY YOGA FOR ENGINEERS

One might wonder what yoga has to do with science. But in an interesting coincidence, Engineers are problem solvers. At work they constantly face problems and deal with enormous mental stress. But Yoga provides basic tools and solutions to empower ourself, to create our life the way we want it, and meditation for the strengthening of mind. Yoga is used in conjunction with meditation.

The word “Yoga” has been translated to mean "joining", "uniting" and "union". The union is made between the self and the spirit. Yoga has been proven to increase health and body awareness allowing to better control the bodies. From flexibility increases to better body alignment, Yoga can help with a variety of ailments too.

Inner Engineering is neither a religion, nor a philosophy or dogma. It is a technology for wellbeing. We do not have to believe or disbelieve anything rather we just have to learn to use it.
Tadasana - A Quick Glance

This asana is the base or the mother of all asanas, from which the other asanas emerge. Most of the standing poses are shifts in a certain part of our body or an individual joint that spring from the Tadasana, while the other parts remain neutral. It is not mandatory that this asana must be done on an empty stomach. But if we are preceding or following it up with other yoga asanas, it is best to have our meals at least four to six hours before we do this asana. Also, make sure that your bowels are clean.

Step 1: Stand erect, and place your legs slightly apart, with your hands hanging alongside your body.
Step 2: You must make your thigh muscles firm. Lift your kneecaps while ensuring you do not harden the lower part of your belly.
Step 3: Strengthen the inner arches of your inner ankles as you lift them.
Step 4: Now, imagine a stream of white light (energy) passing through your ankles, up to your inner thighs, groin, spine, neck, all the way up to your head. Gently turn your upper thighs inward. Elongate the tailbone such that it is towards the floor. Lift the pubis such that it is closer to the navel.
Step 5: Look slightly upward.
Step 6: Now breathe in and stretch your shoulders, arms, and chest upwards. Raise your heels, making sure your body weight is on your toes.
Step 7: Feel the stretch in your body right from your feet to your head. Hold the pose for a few seconds. Then, exhale and release.
These are amazing benefits of the Tadasana:

1. This asana helps improve body posture.
2. With regular practice of this asana, your knees, thighs, and ankles become stronger.
3. Your buttocks and abdomen get toned.
4. Practicing this asana helps alleviate sciatica.
5. This asana reduces flat feet.
6. It also makes your spine more agile.
7. It is an excellent asana for those who want to increase their height in their formative years.
8. It also helps improve balance.
9. Your digestive, nervous, and respiratory systems are regulated.